

RAISE KECS

Introductory class

Namo Ramana

Opening 3 prayers – Dakshinamurthi, Suklambharadaram, Angikam

Opening Exercise for All Introductory Classes:

Namaste Namaste Namu Ramana. My name is ----- and I live with my mother/father/parents/grandmother/grandfather/grandparents/parents and grandparents

Core Value to be given to all students (to be spoken both in Kannada and English):

Some of us may have only a mother or a father or a grandmother or a grandfather with whom we are living. We may feel sad about it or miss our other parent or grandparents. Some of us may be living with both our parents and our grandparents. Still, we may feel we don't have something which someone else has and we may feel sad.

Very often in life we miss things that we don't have.

How often are we happy and thankful for what we have?

What is the biggest gift that every one of us has?

Ourself. Our life.

Should we not value this gift? Should we not make the best use of it?

If we don't make use of it, we will be like a farmer who was gifted with Kamadhenu by God.

Narrate story of Kamadhenu used to plough the field by the farmer.

Once upon a time there was a farmer who was very poor and had no means to even plough his field. He was very sincere but he was very dull and did not even use his mind to help himself. God decided to help him by gifting to him the divine cow Kamadhenu for a few days. Kamadhenu is a cow that gives anything that is wished for but the farmer did not know anything about Kamadhenu. He was so dull that he did not know this was a divine cow. He did not try to find out what this cow is. In fact, he did not even know the difference between a cow and a bull. So, he thought God has given him a bull and used the Kamadhenu to plough his field. He could have asked Kamadhenu for lot of wealth, for many acres of fertile land, for workers to take care of the land, for everything that he needed. But he wasted the Kamadhenu and ploughed his field with her.

How can we make the best use of something? Only if we have full knowledge about it. Why did the farmer waste the gift of Kamadhenu? Because he didn't know that Kamadhenu was a divine cow and could give him everything he wanted.

We come to school, we study various subjects, to gain knowledge so that we can make the best use of our lives.

Bhagavan Sri Ramana Maharshi says that all knowledge can be classified into three categories:

1. Knowledge about the individual – about yourself
2. Knowledge about the world
3. Knowledge about God or the Power which has created the world

We have come from Ramana Maharshi Centre for Learning to help you understand how valuable you are and your life is and how you can know yourselves better and also know the world and perhaps have a better idea about God. This will help you to make the best use of the kamadhenu that you have with you always, which is you yourself. We will be giving you these concepts, these thoughts through some of the lessons that you have in your syllabus.

Namo Ramana!

Uma – Class 6A – Introduction to the Social Science lesson on ‘Community’

Shall we talk about the world, about ourselves and our society?

Are we birds? Are we reptiles? Are we insects? What are we?

We are human beings.

Human beings are also called animals, but we are called ‘Social animals’. Why?

Can you tell me which animals and other living beings live alone?

Can a human being live alone?

It is very difficult for a human being to live alone. We need a group of people to live with.

Can you tell me why?

Because, we are physically less powerful than other living beings.

Because we need to be loved by others, we feel lonely and sad if we are by ourselves.

There are few sages who can live by themselves, but by and large we need the company of other human beings to lead our lives happily.

So let us study about society or a community.

What is a community?

Do other living beings also have communities?

Think about these questions. Discuss them with your elders and friends if you would like to and we will continue to think about this in our next session.

How are we able to know there are others? How are we able to interact with others?

Through our senses – eyes, ears, nose etc. Isn’t it?

So let us conclude with a song that makes us aware of our own power to interact with the world.

Song activity:

Ramana says God’s power in the heart

Apara Sat Chit.

Revathi and Ujwal – Class 7 – Class 1 Introduction to the History lesson Bhakti Cult

Shall we talk about God? Shall we try to understand the Power which has created us and created the world?

Do you believe in God?

What is your idea of God?

Who do you think God is?

Does God have a form?

What is God's form?

Is God formless?

If God is formless, is God everywhere?

Is God powerful? What are the powers that God has?

Should we think of God? Should we be thankful to God? Should we love God?

Write down these questions, think about these questions and come with answers next time. If you would like to, discuss these questions with your elders and friends.

In the next class we will look at the lives of some people who had great love for God. Let us see why they loved God and how they loved God. Let us see how knowing about their lives can help us know God and the world and ourselves better.

Because, what is the best gift we have? Ourselves, our life.

Shall we see how God's power helps us to know ourselves every day?

Conclude with Song activity:

Ramana says God's Power in the Heart....

Apara Sat Chit.